

nervous and sanguine temperaments, to those subject to liver complaints, to children, women, and those of weak lungs."

"Fermented and distilled liquors," truly says Royer Collard, "are never necessary for any one whatever."

Now to the question. If, in consequence of the epidemic, it is not necessary or proper to cut the water by mixing with it a little brandy, or wine or beer?

After having read much and consulted on this subject, I hesitate not to say, that, in my humble opinion, if wine, beer, brandy, &c., are not so good as water in ordinary times, these drinks are much less worth than water in times like the present.

"Many respectable physicians advise, I am aware, to drink brandy and wine, but they give this advice hesitatingly, and are far from regarding these as sure and infallible remedies. At the same time, a much greater number regarding those drinks as prejudicial at all times, consider them veritable poisons during the epidemic, and their reasons appear to me replete with logic and good sense. I will detail them in the manner they have been given to me.

1st. There is never a time when it is more necessary to avoid the slightest excess than at present. Now when we drink water it is rare that we are tempted to drink to excess,—water is like bread, when the stomach has sufficient of the one or the other, nature tells us—we cease drinking or eating. But it is not thus when you drink stimulants, which flatter and provoke the palate: your thirst, instead of being allayed, is more often only irritated. A glass of water calls very seldom for a second, but drink a glass of good wine and you soon feel a desire to drink a second; the desire soon appears to you a *real*, a necessity, and without doubting you go on to excess. The cholera and death will be the first consequence.

2. It is necessary, say these learned physicians who are opposed to the use of strong drink, especially during the cholera—it is necessary now more than ever to avoid all that may irritate the stomach or intestines. Therefore it is necessary not to take a single drop of wine, brandy, whisky, or particularly beer, during the epidemic, because these liquors irritate the stomach, and often produce, even when taken in small doses mixed with water, inflammation of the bowels.

3. A person who drinks only water, if attacked by cholera, stands a much better chance of being cured, because the medicines which we give have always an effect more prompt and powerful upon water drinkers than upon the drinkers of alcoholic liquors.

4. It is more than doubtful that even the moderate use of intoxicating drinks is a preservative against the cholera, but another thing is not at all doubtful, that if, from fear of cholera, we return to drink, all the crimes and evils from which temperance has delivered us will appear again. The hearts of so many unfortunate wives and mothers, that temperance has consoled, will be again broken and torn by the drunkenness of a husband or child, who, through fear of cholera, have brought again to their lips those detestable drinks which they had so generously renounced. The ruin of thousands of families that temperance had commenced to make prosperous and happy, will continue and consume them rapidly. In one word, say the learned physicians, whose generous and philanthropic suggestions I am communicating, "in advising the use of intoxicating drinks, we are not at all sure of shutting the door of one house against cholera, while our unfortunate advice may have for result a certain and immediate opening of the doors of so many to drunkenness, a scourge a thousand times more to be dreaded and more dangerous than cholera."

5. If we were certain of having really good liquors, say again the learned physicians whom I quote, we should hesitate to advise society in general to take them, for to the greater number perhaps the smallest dose of alcohol might be fatal in many respects. By the stronger reason should we abstain from counseling the use of strong drinks, when we know that tobacco pipe, vitrol, aquafortis, and *mix romica*, are often mixed with whisky, brandy, wines, Jamaica spirits and beer, which are sold in this country.

6. The public is under a false impression, say again these learned Doctors, on the effects of strong drink in the stomach. They suppose them much more useful than they are in assisting digestion. The fact is, that instead of facilitating digestion, alcoholic drinks more often retard and arrest it; for if, on one side, in augmenting the heat of the stomach and stimulating the action of the muscles, alcohol appears to aid the stomach in its digestive labor—on the other side, this same alcohol deteriorates and destroys the gastric juice, relaxes the labor of nature, and prevents

the aliments from decomposing in the manner that God has willed in all time.

The conclusion is, that if alcohol may sometimes be useful to certain persons whose stomachs have lost their natural heat, they are infinitely injurious to a much greater number, in whose stomachs they create too much heat, and thus destroy the gastric juice. This is the reason why strong drink should be avoided, particularly during the epidemic, by the greatest number.

If this letter were not already too long, it would be easy for me to bring a crowd of other considerations to show that fidelity to the rules of our society, far from exposing us to attacks of the malady, puts us almost in safety against its approach.

But I will not conclude without making a little extract from the recommendation of the Montreal Board of Health, published in pages 4 and 5 of the regulations of the Central Board for the preservation of public health:—"During the warm months of summer, thirst seeks generally, with great avidity, for cold and refreshing drinks; nothing can be more dangerous. We should abstain carefully from beverages that are cold and tempting, such as beer, cider, and light wines, and brandy, drunk in little draughts."

*Generous Associates of Temperance.*—Let us remain faithful to the resolution we have solemnly taken, for the love of Jesus Christ and for the love of our country, to destroy the use of strong drink; and far from having to fear the epidemic, we shall arrest its progress. Our fidelity to the sacrifice we have made may disarm the anger of God. Our penitence may cause him to forget our past faults. The angel of death will cease to smite us. Peace, health and life will be given to us.

C. CHISQUEY, Ptre.

Longueuil, 12th August, 1849.

We avail ourselves of the private communication of a friend (B. P.) from Belleville, to lay before our readers some items of pleasing intelligence:—

Since Mr. Wadsworth's visit in April last, we have been gaining ground on the drinking customs and practices in Belleville. We have been favored with a lecture by the Rev. Thomas Goldsmith, of Demorestville, and the Rev. H. Ebbott, each producing a favorable impression of our principles and operations. At the close of the last lecture, certain young friends conversed with several of our members on the importance and propriety of endeavoring to establish a division of the sons of temperance, in this town. It was finally resolved that a meeting should be called, of those who were disposed to hear more of this matter. A meeting was held, explanations were given of the order; a requisition for a charter was presented, signed, and forwarded to the grand patriarch, in Kingston: who immediately replied—and appeared in person to establish Hastings Division, No. 8. On the 27th and 28th July, we were favored with the most eloquent and impressive addresses on temperance, by P. S. White, Esq., that the inhabitants of the town of Belleville ever had the opportunity of hearing. Such was the excellent spirit, dignity of deportment, gentlemanly appearance, clearness of expression, loftiness of sentiment, so beautiful the illustrations, logical the arguments, and conclusive the deductions, of this gentleman, that the most fastidious or captious have been unable to detect the least flaw, or make the smallest objection to the lectures or their object.

On the afternoon of the 28th, a division of "the Sons" was opened, with only nine candidates, and in less than four weeks, 79 members were added, making in all 88 members. Our important proceeds:—

We have among us some of the leading members of the professional, commercial, mechanical, and laboring classes of the town. 2 clergymen, the judge of the district, 1 physician, 4 attorneys, 2 students at law, 1 surgeon dentist, inspector of potash, 4 merchants, &c., &c. Great is the good already accomplished, and greater is in prospect. We hope you will continue the *Adequate*, for there is a certainty that your list of subscribers will increase.

## CORRESPONDENCE.

MALORY TOWN, August 13, 1849.

Sir,—In answer to your call for subscribers, I embrace this opportunity of responding, and performing a duty that ought to